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NDP Leader Jack Layton hits up LU

Candace Jazvac
Assistant Editor

On Jan. 28, Jack Layton, leader of the New Democratic Party, visited Laurentian University to speak with students about a variety of issues. Over 150 students and staff made their way to the third floor of the Student Centre to greet Layton, as well as our two local New Democrat Members of Parliament: Glenn Thibeault for Sudbury, and Claude Gravelle for Nickel Belt.

Layton started off the talk by addressing the current prorogation of Parliament. "It's simply wrong that the peoples' representatives are not allowed into the peoples' house," said Layton. The NDP has openly opposed Stephen Harper's decision to prorogue Parliament until March 3, noting specific issues and bills that are unnecessarily being put on hold. Layton and the NDP caucus is concerned about the lack of debate and the delay on issues such as setting targets for the Copenhagen Accord, as well as a bill demanding the agreement made between Vale Inco and the Conservative government be made public.

The rest of the discussion comprised of questions from the audience regarding issues such as tuition fees and student debt, the recent prorogation rally, bill C-311, First Nations marriage law, the effects of unionization of Canadian companies, and the growing deficit. Layton took his time answering all the questions, and made sure to



Photo by Richard Eberhardt

Jack Layton and local MP Glenn Thibeault spends a little time with Laurentian University students.

encourage and thank the youth for showing interest and getting involved in Canadian politics. Layton said "Young people can bring us the wisdom of the longer perspective, and that's why I think it's important that you be involved."

Dr. John Peters, a professor in the Political Science department who organized the event, closed the discussion by thanking Layton for taking the time to come to Laurentian and to those who attended for asking "sharp"

questions. "If the questions are any kind of indicator, there are lots of people here who also want to make Canada, and our world, more sustainable and a more just society for all of us," said Peters.

On February 5, Layton released a personal statement announcing he has been diagnosed with prostate cancer. In his statement, Layton vowed to battle the cancer and win. Since the announcement, a great deal of support has been shown from

all political parties, as well as on social-networking sites such as Facebook and Twitter. While Layton admits his treatment plan may allow him to watch the Olympics on television more than he had expected to, he is prepared to work through his treatment, saying "I want to ensure that my constituents know I will be carrying on as a Member of Parliament for Toronto-Danforth and as leader of the New Democratic Party of Canada."

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Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by proper authorities.



Candace Jazvac
Assistant Editor

As the second semester of the 2009-2010 school year rolls on, and a few of my New Year's resolutions fade into distant memory, I find myself trying to balance a workload which is rapidly accumulating with an extremely irregular sleep schedule. And if I'm lucky, I'm able to throw a social life in there as well.

Half way through semester two

Mid-term season is in full swing, and I, like many of you, have been cramming in study time, and writing essays when I should be sleeping. With everyone on campus running around with high-levels of stress and low-levels of spare time, this seems to be the perfect opportunity to reach out and ask for more contributors.

I was pleased to receive positive feedback on our last issue. It was nice to be able to fill these pages with stories written by new writers, as well as our other faithful contributors. However, this momentary sense of optimism faded just as quickly as it had appeared.

I am, as always, proud of this issue; however, I feel as though it could have benefited from a greater variety of perspectives

rather than just the few we see this week. I know it may seem as though we're never quite satisfied here at Lambda, and that we're always asking for something; and truthfully, we are never satisfied, and we are always asking for something. This newspaper is constantly changing and improving little by little, and if we allowed ourselves to be completely satisfied with it, it would cease to be the dynamic product that it is.

I realize that everyone is busy, and that we would often rather use our few minutes of spare time staring into space than writing another paper, but I promise that writing for Lambda is a lot more fun and interesting than writing about Political Science or Sociology. Writing for the newspaper not only

gives you the opportunity to go to events that you might not have otherwise known about, but it also gives you the chance to share your experiences with your peers.

Next week is reading week, and I know you all will not be doing anywhere near as much 'reading' as you should be. I encourage everyone to take this time to sit down with a copy of Lambda, and to think about what you would like to see on these pages (aside from your name in print of course). This newspaper belongs to every student at Laurentian, and it should reflect every one of you. I sincerely hope to find our email inbox flooded with story ideas and submissions when we return from winter break.

Election fever is in the air: Mar. 17, 18

SGA GENERAL ELECTIONS

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A brief message from the CRO

Nelson Osamudiamen
Chief Returning Officer

Hello Laurentian!!! The SGA Annual Elections are just around the corner. This means that all executive and nonexecutive positions are up for grabs! Do you want to make a difference? Then run for one of the positions. Do you want to get involved, but are unsure about how the whole process works? Simply stop by the SGA Office and pick up an information package. My fellow Laurentian students, this is a great time for us to get involved and work actively to bring about the CHANGES we want; after all, these changes are within us!

For any inquiries, stop by the SGA Office or send an email to sga@laurentian.ca.

Letter to the Editor

Rafiq Rahemtulla
Contributor

I am writing in response to a letter published by Thomas Sutton in your latest issue expressing concern at the poor student turnout at the Sudbury Anti-Proroguing rally. As a representative on one of Laurentian's student associations and as an active member of the student movement I share Mr. Sutton's concern of limited student participation at this event.

This rally was one that arose nation-wide as a grassroots movement and I am proud that students at Laurentian were quick to take up the cause and work to organise around it. Unfortunately, this event coincided with a general meeting of the Canadian Federation of Students-Ontario (CFS-O) in Markham, ON where I and several other active members of Laurentian's student associations

were delegates, and as such were unable to attend the Sudbury rally and were limited in the amount of member mobilisation they were able to perform. Nonetheless, these delegates along with their counterparts from all across Ontario recessed this meeting to attend the Toronto Anti-Proroguing rally where CFS-O Chairperson, Shelley Melanson, addressed the crowd on behalf of the over 300 000 Ontario students that she represents.

Laurentian's student associations provide a collective voice for students, organising capacities, institutional memory not to mention physical, social and budgetary space to serve students. However, these organisations work on the direction of their members, so I would encourage Mr. Sutton and your readership to get involved and make sure that the issues that are important to them are being addressed by these bodies.



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SGA 2010-2011 GENERAL ELECTIONS

Nomination Period
Monday, Feb. 22nd at 9am to Friday, March 5th at 3pm

Campaign Period
Begins on Monday, March 9th at 9am

Election Dates
Wednesday, March 17th from 9am - 7pm
Thursday, March 18th from 9am - 7pm

VOTE!

New accomodations for special needs students



Candace Jazvac
Assistant Editor

On June 13, 2005, the Ontario government passed the Accessibility for Ontarians with Disabilities Act (AODA).

This Act will implement five standards in order to make Ontario fully accessible by the year 2025. These standards include Customer Service, Employment, Information and Communication, Built Environment and Transportation.

As of Jan. 2008, the Customer Service standard became law and Laurentian University has now begun training of all its staff members and student leaders in accordance with the Act.

The university must submit a report to the government summarizing the status of implementation of the Customer Service standard by March 31, 2010.

Laurentian University is currently working with the Special Needs Office, as well as with department chairs and other administrative bodies to implement all policies related to this Act and to help the university reach the level of accessibility required.

Not only are there mandatory training sessions currently taking place, but there are training modules being made available on WebCT for students who wish to develop their understanding of the Act. The

training talks about everything from the use of assistive devices, to guide dogs, as well as effective ways to interact and communicate in order to provide the best customer service possible according to different types of disabilities.

Special Needs Coordinator Earl Black, along with AODA Liaison Assistant Ashley Marion, is working with the university to make as many accommodations available as quickly as possible.

"The Act helps facilitate full participation, not just of those with disabilities, but of all Ontarians," says Marion.

Each department is required to develop policy to ensure the Act is implemented. Some examples would be fair and effective notification of cancelled classes for all students, particularly for those with disabilities who may need to make alternate arrangements for transportation, or by establishing an alternative to the OSAP line for students who are unable to stand for extended periods.

The goal of the act is to make all aspects of the university accessible and accommodating to the needs of every student, not just those with disabilities.

"Every body is treated differently, but equally," says Black.

The Act is working to shift Customer Service providers, like Laurentian University, to think in a different mindset about how to

work with disabled persons. In doing so, the university is able to ensure that the implementation of these standards is going to be successful. Failure to comply with the standards set by the Act not only disadvantages students who need special services and accommodations, but also carries a steep fine of \$100 000 to the university, and \$50 000 for each day of infraction.

Considering Laurentian began implementation of the Customer Service standard in November, Marion says development has come a long way. The staff at the Special Needs Office has been working hard to raise awareness about the Act and the effects it will have on services around campus, as well as to make all members of the Laurentian community aware of their attitude towards those with disabilities.

"Disability is not a choice," says Marion, "but your attitude is."

The next training session for staff and students leaders is Friday February 12, 2010 in the Senate Chamber, room L-1125. For more information, or to sign up for training, please contact Ashley Marion at ax_marion@laurentian.ca or visit <http://aoda.laurentian.ca>.

Lambda is also please to announce that this newspaper is now available in alternative formats upon request. For more information, or to request a digital copy of this issue, please email lambda@laurentian.ca.

AFN Chief Atleo visits LU

Candace Jazvac
Assistant Editor

Each year, the University of Sudbury presents the Newbery Lecture Series in memory of Reverend Dr. James William Edward Newbery (1909-2004), one of the founders and a former professor of the Native Studies program. This year, the Assembly of First Nations (AFN) National Chief Shawn Atleo visited Laurentian University to speak about First Nations education. On Feb. 2, over 150 people crowded into a conference room in West Residence to hear Atleo speak on the future of First Nations education and the challenges ahead.

Atleo was elected in July of 2009 for a three-year mandate as National Chief for the AFN. The AFN is the national political advocacy group directed by the 633 First Nations governments across Canada. Atleo is one of eleven members of the AFN National Executive, ten of which are regional chiefs who represent different locales across the country.

The focus of Atleo's lecture was not only education and higher learning, but also about nation-to-nation relationships, and the future. Atleo spoke of Stephen Harper's apology in 2008, for which he was present, along with his late grandmother. Atleo recalls his grandmother sharing a vision with him on that day, of turning a heavy page. However, she was unable, in this vision, to turn the page on her own. "It's going to take all of us, all of us to turn this heavy page on a dark chapter in our collective



Shawn Atleo

history," said Atleo.

Atleo spoke of this dark chapter in our history, alluding to the residential schools and the '60s scoop, and his work in the last six months since he became National Chief to reach out to those who still need to have their voices heard so many years after these divisive policies. There are extensive disconnects between on- and off-reserve peoples, as well as status and non-status. "These are external impositions of division that the Indian Act has by and large created. And this is something we've all inherited," said Atleo, "Not just First Nations, not just Indigenous peoples, but all of us."

Atleo focused the next part of his lecture on the current status of First Nations people in Canada, and what the next steps must be. Atleo insisted that many things need to be recognized by the government in order for the nation-to-nation relationship to continue to grow, and for First Nations education to continue to

improve. Atleo specifically noted the need for Treaty rights to be upheld, that policy development must include First Nations' voices, and that Canada must sign the United Nations declaration on the rights of Indigenous peoples. "I think the message is really more to all of us as a society, to Canadians and First Nations alike," said Atleo, "That it's time that Canada stands up and signs on to support and implement the United Nations declaration on the rights of Indigenous peoples."

The National Executive continues to focus on the development of education for First Nations as it links to both economic prosperity, as well as self sufficiency. In a recent meeting, Minister of Indian Affairs Chuck Strahl agreed that First Nations education must be made a priority, said Atleo. "While we will continue to bring focus and attention to the kind of resources that are required, we know that is also not all of the answer," said Atleo, "We know that despite the lack of supports, our people succeed anyway."

Atleo spent the rest of the evening speaking on specific initiatives and issues surrounding both First Nations rights and education. Atleo spoke to the need for funding and cooperation from both the government and institutions of higher learning, constantly referring back to his grandmother's vision, and the need to turn the heavy page together.

For more information on Shawn Atleo, and the Assembly of First Nations, please visit www.afn.ca.

Quantum Dots Beer, dinosaurs and insulin

Mary Thompson
Contributor

Welcome back to another Quantum Dots where we keep you to date with recent scientific discoveries.

Beer may be good for your bones

Silicon is an important mineral in the growth and development of bones and connective tissue, and a recent study shows it is not just found on the beach. Beer contains soluble silicon and according to researchers from the University of California Davis, it is an important dietary source of the mineral, at least for North Americans. Not all beers are created equal though; in taste and silicon content. Although not fully understood, differences in the brewing process and the amount of silicon in hops versus grains results in different silicon contents in light and dark beer. We've all heard that a glass of wine is good for the heart, and now a bottle of beer can be good for your bones too.

Feathered dinosaurs

Picture a dinosaur.

Something similar to giant reptiles from Jurassic Park and other such movies likely come to mind. But evidence is mounting to show that dinosaurs in fact looked like some kind of cross between a lizard and a chicken. A study released by a team from Yale University used melanosomes, which give pigment to the feathers of modern-day birds, to describe the colour pattern of a feathered dinosaur, *Anchiornis huxleyi*, found in China. The new method depicts *Anchiornis* with a grey body, an orange-brown head crest and white feathers with black tips on the wings and legs. The bright plumage

of this dinosaur is thought to have served the same purpose as the bright feathers of current birds; for courtship displays to attract mates or for camouflage. The feather colours were determined by looking at the location of the melanosomes in feathers from the dinosaur and comparing them to locations of melanosomes in modern bird feathers. The scientists were able to identify the colours of individual feathers, and then how the animal would have looked overall. The colourful dinosaur adds weight to the argument that feathers may have originally evolved for functions other than flight, such as camouflage and communication.

Growing insulin close to home

Scientists from the University of Calgary are making their mark in the fight against diabetes. Insulin for treating diabetics has been harvested from animals, yeast, and bacteria. Current production methods are expensive, and as the incidence of diabetes grows every year, the cost of meeting the growing demand rises. These researchers have found a quick, relatively inexpensive method for producing insulin from a prairie plant. Genetically altered safflower plants produce insulin in their seeds, once ground, the insulin can be extracted from the oil. Not only is it cheaper to make insulin using the plants, but 16,000 acres of safflower plants can produce enough insulin to meet the world's demand each year. The drug has only been tested on healthy individuals at this point; and it works just like naturally produced insulin. The next step will be to see how it works in patients with diabetes.



"Eye-opening and incredible!
I have learned so much!"

"This has been the single most
challenging and rewarding
experience of my life!"

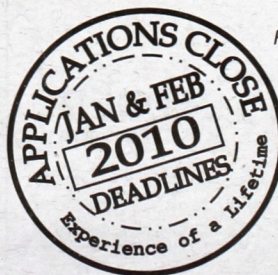
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Sudbury: The Poetry Capital of the Nation

Jon Danyliw

Arts & Entertainment Editor

"I wanted to drink in every pub that Dylan Thomas drank in, but there were so many I had to give up" – this is how Roger Nash explains the reasoning behind his choice to attend the University of Wales, an English school situated near where Thomas was born and grew up: "I was very influenced by Dylan Thomas when

I was about 18; I felt that by moving to Canada, I could escape from beneath his shadow."

Thomas' shadow compelled Roger Nash to move to Canada, and since then he has established himself. Over the course of his inhabitation as one of the nation's leading poetic voices, Nash taught in the philosophy department at Laurentian University and was the head of the Inter-disciplinary Humanities Masters. As a writer, Nash has published a plethora of poetry collections, his best known being *In the Kosher Chow-Mein Restaurant* and *Settlement in a School of Whales*.

Nash has been the recipient of the "Canadian Jewish Book Award for Poetry" and his short story "The Camera and the Cobra" was included in the 2009 PEN/O.Henry collection of the best short stories published last year across North America. A retired teacher, Nash is "professor emeritus" of the university's philosophy department.

From 1998-2000 Nash was the head of the League of Canadian poets, a prestigious position; during his tenure, he was largely responsible

for establishing the position of Poet Laureate of Canada, arguing for it in front of the Canadian Senate on Parliament hill. As a member of the League of Canadian Poets, Nash had the good fortune to meet other established Canadian writers such as Leonard Cohen, Margaret Atwood and Al Purdy who provided Nash, in his youth, with advice concerning the life and nature of being a poet.

"[Al] told me to grow thick skin – that I would get lots of rejection letters. He told me I would be able to paper my walls with them."

Later in his life, Purdy described Nash as one of the "new generation poets" he respected most.

Nash's mark on Sudbury has been at least as profound as the one he's left upon Canada's national literary scene. As a professor at the University and also a member of the League of Canadian Poets, he has had the opportunity to organize various events around town in the past with leading figures in Canada's poetry scene, effectively bringing the best poetry being written in the nation to Sudbury.

"At one event, we had 400 attendees – a packed house. Some of the visiting poets remarked that Sudbury was the poetry capital of Canada."

April is National Poetry Month, and Nash has plans to further Sudbury's reputation as a national arts center. In conjunction with the mayor, a series of events will unravel throughout April with poetry at their center; keep a watch for open-mic events, book launches, and plenty more to be announced.

Some of the visiting poets remarked that Sudbury was the poetry capital of Canada."

-- Roger Nash,
Poet/Professor

Haiti concert raises \$52,000



Photo by Candace Jazvac

Candace Jazvac
Assistant Editor

On Jan. 29, over 600 people packed into the Fraser Auditorium for the Help for Haiti fundraising concert, organized by Mission of TEARS.

The event brought together community leaders, organizations and businesses to raise an incredible \$52 000, which will be matched dollar for dollar by the federal government.

The event, which was organized in only two weeks time, was a great success, not only by raising an incredible amount of money, but by uniting Sudburians for an evening of hope.

Mission of TEARS is a children's charity which works to implement long-term programs for the under-privileged by using five standards: Teaching, Educating, Advocating, Resourcing and Serving. Founded in 1993, Mission

of TEARS is a registered federal charity in Canada, as well as several other countries around the world. Donations received by Mission of TEARS from this concert will go to medicine, food and water for those affected by the earthquake.

The concert, which was lead by co-master of ceremonies Gerry Loughheed Jr. and Sudbury native, Senator Marie Poulin, was an upbeat and hopeful tribute to those in Haiti who are struggling in the aftermath of the horrific Jan. 12 earthquake.

The Rainbow District School Board, one of the biggest sponsors of the night, raised \$28 000 for the event in just over a week, with each of its schools organizing their own mini-fundraisers for the cause.

"We all know there is a pot of gold at the end of the rainbow," said Loughheed, "But the good news for the Haiti people is in Sudbury, that rainbow is not a prism of light and water. That rainbow in Sudbury

is made of the hearts and hands of students and staff from the Rainbow School system."

The rest of the evening was filled with funny anecdotes and great music from local musicians Jeff Wiseman, Stéphane Paquette, Phillip May and the Sudbury Saturday Night Orchestra, and Robert Paquette. Each performer played a number of songs, and all finished their sets with standing ovations from the crowd. The evening finished with the announcement from Guy Campeau, regional director for Mission of TEARS, that Sudburians had raised the astounding \$52 000, followed by collaborative rendition of 'Lean on me' performed by all the musicians from the evening.

Some audience members left the auditorium overwhelmed with emotion from the evening.

For more information of Mission of TEARS, or to donate, please visit www.missionoftears.ca.

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Dave's not here, man: Matt Moskal reviews a classic album



Matt Moskal
Editor-in-Chief

My good friend Cosmic Dave is currently fleeing the country for reasons undisclosed, so I figure it's time to step up in his absence to write you a classic album review.

I've chosen to take a peek back at David Bowie's *The Rise and Fall of Ziggy Stardust and the Spiders from Mars*, a pivotal glam-rock concept album that was both an incredibly moving art and fashion statement.

The whole album is based on a loosely followed abstract storyline about a mysterious sex-fiend space-rocker named Ziggy, who may or may not be a Starman or an alligator. Either way, Ziggy is crass and his talents and ways with the opposite sex are unrivaled by any Earth creature. At least, this is what I've come to understand.

To set the mood for Bowie's conceptual romp, we begin with a track called "Five Years", which people who believe the end of the Mayan calendar is the end of days can sympathize with. When the world is given five years left until dying, Bowie paints a vivid picture of a protagonist suffering and a civilization in shock. For an added bonus, watch the live performance of this track featuring The Arcade Fire as Bowie's backing band.

Then, not to be outdone, Bowie shifts the mood of the album continually from groovy hip shaker "Soul Love" to bluesy blast from the past "It Ain't Easy" to glam anthem "Ziggy Stardust" and finally bidding farewell with "Rock 'n' Roll Suicide" never faltering once along the way.

As for single appeal, what more could you ask for in a single that "Suffragette City"? The song is easily one of Bowie's most accessible hits with an unforgettable opening riff, those encouraging shouts of "hey man" and let's not forget the epic sing-along chorus that brings all of your friends around the mic when five-starring this track on "Expert" in Rock Band.

Oddly enough, this album was also said to be the inspiration for Marilyn Manson's *Mechanical Animals* album, which kept the concept album alive and kicking in the late '90s, which made the connecting between Bowie's screwed on hairdo and Manson's terrifying stage persona. Suddenly metal and glam rock could connect without being nearly as terrible as Poison.

The feature film and concert bootlegs following this album are legendary in themselves and I could hardly get into just how powerful the performances were without taking up another column.

Just remember next time you exclaim "Wham bam, thank you, ma'am!" that it was the Thin White Duke in an eyepatch and shoulder pads whose voice will echo those words into eternity.

Clayton Drake Reviews: Sexy Bitch - David Guetta feat. Akon



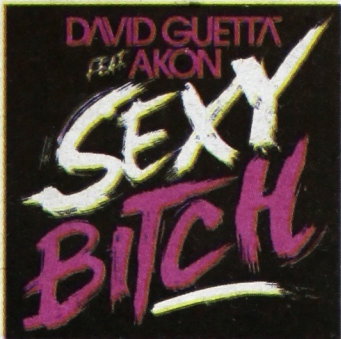
Clayton Drake
Contributor

Ostensibly, this song is an ode to the beauty of a woman that Akon meets in a club. He tries to describe how attractive he finds her, but words simply cannot capture the majesty of this rare creature.

He states that she is "nothing like a girl you've ever seen before," and he subsequently tries to find a way to describe her without being disrespectful. So, does our intrepid poet drop his simile bucket deep into his metaphor well? I think he might be trying to, but I can't be sure. Regardless, the result of his attempts is a definite failure. The glaringly dichotomous nature of the difference between the bridge and the chorus of this song is basically what sends it into a tailspin.

I'm not sure exactly what happens during the chorus of this song. After Akon spends close to a minute eulogizing the object of his affections, he shouts, "damn girl!" and the song begins to falls apart. It seems that despite the fact that the object of Akon's affection is such a rare creature and he knows that he must do something very special to impress her, his head is so vacuous that he literally does not know how to accomplish this task. He's almost like a prehistoric human who has been transported into the year 2010. His brain is screaming, "evolve!" and he tries valiantly to do so, but the closest thing he can think of to civility is still so incalculably offensive to modern sensibilities that it may as well just be a T-Rex roaring into the sky, blood dripping from it's maw, eyes sedate with the thrill of a fresh kill.

Every time I hear this song,



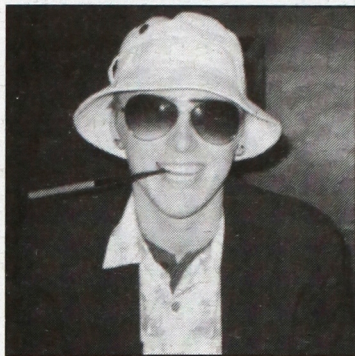
the music makes me think of the six flags commercial where that 90-year-old man drops his cane and starts dancing like MC Hammer. If you compare the two songs, I'm pretty sure David Guetta owes Six Flags some royalties.

To match the lackluster effort put into the music and the lyrics of this song, there is an amateurish video to accompany it. The setting for the video is a pool party where Akon and David Guetta are the only male guests. It's a pretty standard video for this genre of music. However, the budget for the video was clearly all blown on "sexy bitches," leaving no money for a film crew or editing. It looks like the director grabbed his mom's VHS video camera, rented some low-to-mid-quality escorts, pointed at them, and said "here's our script!"

It's pretty hard to mess up the standard poolside plus hot chicks video, but somehow these two manage it. The main problem with the video isn't that Akon and David Guetta are shown seducing or impressing these women, it is the lack thereof – the abandonment of convention. The two spend most of it hugging each other and jumping into the pool while the girls look on in confusion. Then, it's Akon and David Guetta frolicking in the pool while the girls looks on in confusion. Very bizarre; perhaps the "don't touch" policy still applies once you've got the girls out of the strip club.

If this is your favourite song, I suppose you are a testament to the idea that each person has his or her own unique artistic sensibilities. Don't feel too bad; art is merely a reflection of personal preference, right? It's just that your personal preferences are base and corrupt.

Evan Bergstra reviews: Wolfgang Amadeus Phoenix



Evan Bergstra
Contributor

Phoenix put out a fantastic album last year and I sort of missed the boat.

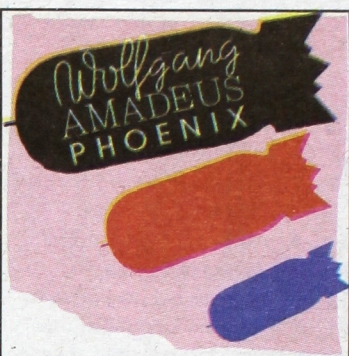
The new album came out at the end of May and was met immediately with virtually unanimous critical praise. Congratulations, Phoenix.

Unfortunately, because of the boring cover art and really obnoxious album title, I deliberately ignored it for months.

It was when various magazines/websites/blogs were putting out their 2009 roundups that I noticed again how much credit this record was getting, which was considerable, and begrudgingly uploaded it from the CKLU library. The album then sat unexplored on my computer for a few weeks because I still felt that naming one's album "Wolfgang Amadeus anything" was deeply arrogant and I resented them for finding success with it.

I finally broke down one afternoon in Toronto when I had a long walk ahead of me and a craving for some fresh sounds and, to my reluctant satisfaction, fresh sounds were exactly what I got.

The opening track, "Lisztomania," kicks off with delightfully bouncy guitar and drums. Vocalist Thomas Mars sings like he's having a great big pile of fun. Synth, bass, more guitar and



more percussion are soon layered in and dance around each other, sometimes flaring up and sometimes pulling back to showcase one element for a few bars before diving back in with fervour.

On the heels of "Lisztomania" is "1901", which follows with a simple, driven, punchy, distorted synth line that begs to be danced to.

"Love Like A Sunset" parts I and II comprise over seven-and-a-half minutes of glorious and varied instrumental magic that build slowly and majestically culminate in two brief verses that flow into you like cool champagne.

This one of those rare albums that is without fault or flaw. With only ten songs and a runtime a little over thirty-six minutes, it appears that the musicians were conscious not to include a single note more than they had to. They've trimmed the fat and pared it down to only their finest material, a practice more artists should consider.

Wolfgang Amadeus Phoenix is the most refreshing and satisfying thing I've listened to since Sunset Rubdown's *Dragonslayer* came out last summer.

On Jan. 31st Phoenix picked up the Grammy for Best Alternative Album and the award could not have been more deserved.

Go forth, good Lambda readers, and get your hands on a some Phoenix: it'll do you well.

Arts Listings:

Fresh Photo Exhibit: The Photography of Harriet Carlson, Feb. 11 at The Laughing Buddha. Starting at 8 p.m.

Twisted Valentine's Movie Night featuring: My Bloody Valentine and Jenifer, Feb. 12 at Rainbow Cinemas. 7 p.m. start. Tickets \$20.



Woodpigeon with Betty Burke, Feb. 16 at The Townhouse Tavern. \$5. Must be 19+

Rah Rah, Killing Queens and Lightmares, Feb. 20 at The Townhouse Tavern. \$5. Must be 19+

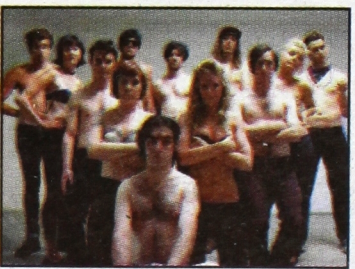
Hip-Hop for Change Show and Workshop featuring: Testament, Illogik and Silvertongue, Feb. 23 at Myths & Mirrors. \$5.

CKLU 96.7 FM Open Stage, Feb. 25 at The Townhouse Tavern. \$5. Headliner TBA.

Aristophones' Frogs, Feb. 25-27 at Alphonse Raymond Theatre. \$7 with toga, \$10 without. Shows at

8 p.m. Matinee at 2 p.m. on the 27th.

Sudbury Symphony Orchestra presents the Music of Elton John, Feb. 27 at the Glad Tidings Auditorium. Admission \$21



The Coffins and Red Mass, Feb. 27 at the Townhouse Tavern. Must be 19+.

The Woodensky, Mar. 5 at the Townhouse Tavern. \$8 in advance, \$10 at the door.

The Music of Shakespeare's London, Mar. 19 at J.N. Desmarais Library. Starting at 7:30 p.m. Admission \$7 and \$5 students and seniors.

Laurrentian Choir: Carmina Burana Plus, Mar. 25 at St. Andrew's Place. Starts 7:30 p.m. Admission \$15 general and \$10 students and seniors.

Am I not cool enough?

Patrick Suley
Contributor

Observation: None of the girls in my class think that I'm cool.

Research: Girls seem to like the artsy hipster guy in class.

Hypothesis: If I pretend to be really into independant music, then the girls in my class will think that I'm cool.

Materials:

7 Ironc T-shirts from second hand store. Failing that, indie-rock T-Shirts in any color besides black.

1 Guitar case

1 Pair of shutter shade sunglasses. Pink.

Methods:

1) Wear different T-Shirt each day. If shirts start to smell, claim to be "crust punk".

2) Carry around guitar case. Always talk about the Neutral Milk Hotel and Radiohead songs you know despite the case being filled with Twix bars.

3) Read Pitchfork.

4) Complain about on reviews on Pitchfork via Facebook status.

5) Make fun of everybody in the class for listening to bands that are mainstream. Especially make fun of the girls who I am trying to impress. If no one is talking about music, just talk about how awful Nickelback is.

6) Reference independent bands constantly, regardless of the situation. Mention owning their music on vinyl.

7) If someone asks me what I'm talking about, roll my eyes and say, "You probably wouldn't get it, The Unicorns broke up back in 2004"

8) If someone calls my bluff and asks me questions about this band, bang my fist against the table and say, "God, stop being such a poser!"

Was your hypothesis correct? No.

Rules of the Game: Texting



Ace Kirkwood
Contributor

So in last article I managed to misspell the email address. If you have any questions, comments or potential topics, send them to TheAceOfLaid@gmail.com. In the meantime, I will discuss something that has become a new aspect of the world of dating: Texting.

I'll be totally honest, I can't stand texting. The idea of using your phone to send something to someone else's phone without calling them is pretty nonsensical. But reality and culture don't always make sense. People love texting. Right now I'm watching people sitting at computers while texting on their phones. For many, it's the preferred social tool. So let's discuss responsible use.

Rule 1: Don't text to avoid phone conversation.

Many people see texting as a safer arena for contacting persons of interest than calling them. This is understandable, but unacceptable. If you've just met and gotten someone's number, then your next goal is to have a Day Two. The likelihood that you will set this up via text message is lower than if you call and build more comfort verbally.

Also, if you're texting because of your fear of interacting with this person, then how will you ever hope to interact with them comfortably on the next meeting?

Rule 2: Do not seek value when texting, bring it.

Examples of value seeking texts are "What's up?" or "What are you doing tonight?" These texts



invoke no emotion in the person you are contacting, and don't portray anything about your personality besides neediness. Have a purpose behind the text. Like an invite, a story or a joke.

Rule 3: Avoid sending too many messages!

They might be the only thing on your mind at the moment but let's keep that a secret between us, otherwise you may freak him/her out. A good rule is to text once and only once until you get a reply, then you may text back. If he/she doesn't respond to your text, you should generally hold off until the next day before contacting again. This is by no means law, but a good guideline to follow.

You have probably had someone send far too many texts. It can easily go from being cute to being very annoying. Relax a bit. You wouldn't call them 6 times in an afternoon would you? You would? Oh come on! Start that essay dumbass.

Rule 4: Use texts to invoke the law of familiarity.

After getting her number, immediately send a text while you're still standing right next to her. This situation by itself is humorous due to the absurdity of doing so. If you send something entertaining, it is even more effective.

If, after texting her, she saves you number, take that as a definite indicator of interest. More importantly, when you call her later, your phone number will pop up and be familiar. This makes her much more likely to answer.

Writer's Corner: Erasing Wordiness

Leda Culliford
Contributor

Has a professor ever accused you of wordy writing? If so, you need to take these tips to heart.

First of all, what is wordiness? Simply put, it means that you're using too many words to get to the point. Why does it matter? It matters because your writing needs to be understandable and on topic; wordiness destroys both these elements. What to do? Get out your word axe and be ruthless! Specifically,

* Use pronouns: Instead of writing "The professor obviously enjoys teaching. The professor always has a smile on her face in class," write this: "The professor obviously enjoys teaching. She always has a smile on her face in class."

* Don't use unnecessary words: Phrases like "quite elegant", "extremely upset", "very angry", and "altogether pleased" are better written as one word: splendid, irate, anxious, and delighted are excellent substitutes.

* Avoid words that simply aren't needed: past history, personal opinion, refer back, red in colour. It's obvious that these words are excess cargo!

* Keep your language tight: instead of "due to the fact that", use "because". Instead of "in the event that", use "when". For "at this point in time", use "now".

* Don't be too formal: Instead of "It was his view that", write "He thought that". For "It is this theory which needs", write "This theory needs".

* Lastly, be stingy about using the passive voice, an example of which is "A decision was made by the committee to conduct further studies." Active voice would say "The committee decided to conduct further studies"; it is both shorter and warmer for your reader.

Now—try this very wordy sentence: can you reduce it to nine, yes nine, words?

Piglet reported to Winnie that the balloon which had broken was small in size and red in colour.

The Learning Clinic: Finding a good mentor makes a lot of sense for university students

Robert Kirwan
Contributor

When you look at successful professionals or business leaders, one thing that always sets them apart from the others is the coaching or mentoring they received along their way to the top. It is readily accepted by the most intelligent and ambitious people among us that we can never have all of the answers. Instead of re-inventing the wheel, it is always advisable to listen to the counsel of people who have "been there before us". These are the ones who are able to help us out with strategic planning that will enable us to avoid some of the common pitfalls along the way.

Just think about it for a moment. All of today's professional athletes have coaches. These coaches may be generalists or they may have specialized skills. Using hockey for example, you will find defence coaches, goalie coaches, forward coaches, team psychologists, etc. Politicians have speaking, writing and public image coaches. Singers, dancers, skaters and Olympic swimmers have personal coaches and trainers.

In fact, when you are competing with the top candidates for any position in business or athletics, the difference between winning and losing can be very small. All you may need is a small piece of well-placed advice and it will make all the

difference in the world.

So it makes a lot of sense for students to also have the benefit of "learning coaches" or "mentors". Most of us spend anywhere from 12 to 20 years of our life attending formal education classes so that we can become trained and prepared for a satisfying career upon graduation. The students who are the top of the class are always competing for scholarships, bursaries, awards, and positions in prestigious university and college programs. For the top students in the class it makes a great deal of sense to have a tutor who can help you gain a competitive advantage over the others. It may only be one or two marks that make the difference.

For students who are struggling in school, a tutor can mean the difference between passing and failing. If graduation is delayed by a single year, it could mean a loss of \$40,000 in salary that could have been earned if you had graduated on time. That means that the \$1000 or \$2000 you spend for a tutor would give you a good return on your investment.

With respect to university students, it is a wise person indeed who finds a good tutor or "learning coach" BEFORE falling in danger of failing a course. Tutors should not be seen as "fire-fighters", called in during emergencies only. They should be there to prevent fires.

They should be there for you when you need them to help you get the highest marks possible, not just to pass, but to show you the way, especially at the university level.

That is precisely why I try to bring in special guests from the community when doing my live talk radio show on CKLU 96.7 FM every Monday evening from 5 p.m. to 8 p.m. The show is called the Learning Clinic for a reason. During the interviews with my guests we try to uncover the secrets to success that have worked for them in the hope that student listeners may learn some strategies that they can apply to their own studies. The Learning Clinic can serve as a "mentor" of sorts. If you go to the web site at www.learningclinic.ca you can find out how you can get your own personal learning coach who will work with you on campus on any subject and in any language. We have even started a Facebook group called the Greater Sudbury Education Scene.

So whether you are looking for advice on career planning or simply for guidance and tutoring assistance in any of your formal education courses, it makes a lot of sense to start looking for a good tutor or mentor. When you find one, he/she will be able to help you develop a strategic plan which will certainly give you a better chance of achieving your desired outcomes.

Have a good week!

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Intramural Sports Indoor Soccer World Cup Finale!



Lisa Watson
Intramural Indoor Soccer Convenor.

Referees' blew their final whistle to end the World Cup themed Intramural Indoor Soccer league that took place in the new wing of the Ben Avery gymnasium on Wednesday January 27, 2010. 24 teams entered the round robin styled competition that started on January 4, 2010. Time flew by while we had fun as the final championship game took place four short weeks later. Teams had a blast participating in various themed weeks, such as flag week, spirit week

and technique week. Competitive teams "Greece" and "Switzerland" battled it out Wednesday night, "Greece" dominated with a score 7-1 to win 1st place. On the court nearby, non-competitive teams "France" and "Bahamas" played a tight match but at the end of 45 hard fought minutes "France" was victorious 1-0. Each week a MVP was selected and was given a gift certificate from one of our sponsors. Congratulations to Iain Campbell, Mary Thompson, Miranda Swain and Alexandre Rainville. The winning teams received a pizza party donated to us

by Cortina Pizza. The winning teams also had an opportunity to receive prizes, one was gift certificates from Skater's Edge, iTunes and Shoppers Drug Mart and the other was a gift basket donated by Shoppers Drug Mart. On behalf of the Indoor Soccer Intramural Coordinators I would like to thank everyone who participated and I urge you all to participate again next year. I would also like to thank our participating sponsors; Caruso Club, Books and Beans, Scholar's Choice, Studio Hair and Dooley's, Cortina Pizza, Skater's Edge, and Shoppers Drug Mart.

Porter interception takes it for Saints

Nicholas Ruscitti
Sports Editor

The "Lombardi Party" will be on Bourbon Street in 2010, after a second half comeback led by Drew Brees gave the New Orleans Saints their first Super Bowl win in franchise history. Brees went a near perfect 32/39 passing for 288 yards and two touchdowns, and was the game's MVP in a 31-17 victory for the Saints. Saints kicker, Garrett Hartley, had a clutch performance and rivalled his quarterback for MVP honours. Hartley went a perfect 3/3 on field goals in the contest and became the first kicker to punch through three 40+ yard field goals in a Super Bowl, including a 47 yarder. Peyton Manning went 31/45 for 333 yards, one touchdown, and a costly interception (for a touchdown) in a losing effort.

The Saints elected to receive after winning the coin toss but seemed to have a bit of the jitters, as they went three and out when Brees overthrew Saints receiver Robert Meachem on 3rd and 2.

Manning wasted no time getting his crew going, as he connected with Colts' tight end Dallas Clark for an 18 yard completion. The Colts drove all the way down to the Saints 20-yardline but an incomplete pass intended for Pierre Garcon forced the Colts' Matt Stover to kick a 38-yard field goal to cap a 6-minute opening drive.

After another Saints punt, Manning and the Colts picked up right where they left off. After working their way to mid-field from their own 4, the Colts faced their first 3rd down of the drive. Joseph Addai took the 3rd and 1 handoff and juked his way to the New Orleans 23-yardline. Three plays later, Peyton

Manning connected with Pierre Garcon on a 19-yard pass for the first touchdown of the game. The Colts would take a 10-0 lead into the second quarter.

The second quarter started with a Saints drive that fell just short. After driving down to the Colts 22-yard line, Dwight Freeney made his presence felt with a sack on 3rd and 3. Hartley notched his first field goal of the game and brought his Saints to within a touchdown with a 46-yard field goal.

After a Colts punt mid-way through the second quarter, the Saints took over at their own 28-yard line. Brees calmly marched his team down the field, and after the two minute warning he and his offense faced a 3rd and goal on the Colts 1-yard line. Mike Bell took the inside handoff but was held short of the goal line. The Saints took a timeout and opted to go for it on fourth down instead of kicking the short field goal. The Saints sent Pierre Thomas back into the game and called an off tackle handoff, but the Colts defence was determined to stop the Saints, as Gary Brackett and Clint Session combined efforts to make the goal line stand. After a Colts three and out, the Saints were able to set up Hartley for another field goal before half to bring New Orleans within four points of the lead (10-6).

The second half started with a well disguised onside kick from New Orleans punter/kickoff specialist Thomas Morstead. After the dust settled, a questionable decision turned into a brilliant decision for Sean Peyton, as the Saints were awarded possession. With a short field and a focused Drew Brees, the Saints marched down the field for a touchdown in just over three minutes. A short pass to the flat was

all it took for Brees, as Thomas did the rest by running behind blockers and slashing through the Colts defence to put the Saints up 13-10.

The Colts would respond, as Joseph Addai capped a five minute drive with a touchdown of his own to put the Colts up 17-13. Addai had a game high 77 rushing yards for the Colts. The Saints would respond though, and with 2- minutes left in the third quarter Hartley kicked his third and longest field goal to bring the Saints to within one.

The Colts got the ball to start the fourth quarter but weren't able to add to their lead as Matt Stover missed a 51-yard field goal. With another short field ahead of him, Brees and the Saints' high powered offence rolled down to the Indianapolis 2 yard line without facing a 3rd down once during the drive. Brees then connected with Jeremy Shockey for a two yard strike in the end zone to give the Saints their first lead of the game. The Saints went for the two point conversion, and after the play was reviewed, the Saints led the game 24-17.

The Colts took over with 5 minutes to go, and immediately went to the no huddle offense. Peyton Manning and the Colts offense was clicking and took only 2 minutes off the game clock to march down to the Saints 31- yard line. Just when it looked like a Colts comeback was inevitable, the unthinkable happened. On a pass intended for Reggie Wayne, Saints' Cornerback Tracy Porter jumped the receiver's route and picked off Manning for a 74-yard interception return for a touchdown. The rest is history. The New Orleans Saints win Super Bowl XXXIV, 31-17.

Dubchuk's Hounds too much for Wolves



Anthony Bumbaco
Contributor

A crowd of 3870 at the Sudbury Arena on Friday night saw the Wolves fall to northern rival the Soo Greyhounds 8-5. The visiting side was sparked by a hat trick from Carson Dubchuk.

The Wolves came out in the opening minutes of the game looking quite flat and quickly fell behind, after Myles McCauley buried a one timer on a strong pass from rookie Daniel Catenacci that beat goaltender Alain Valiquette. However, following a five minute major penalty to Sault Ste. Marie forward Brian Shaw, the Wolves tied the game at one as Laurentian's own John Kurtz scored his 29th of the season on a cross crease pass beating goaltender Robin Lehner, who is reigning CHL goaltender of the week.

In the second, the Wolves once again lacked energy and paid for it quite harshly as the Greyhounds tallied five times. Jake Carrick contributed a goal and two assists, Dubchuk added two markers, while former Sudbury wolf, Brett Thompson added two goals in what was definitely a one sided period. The onslaught by the hounds saw Wolves goaltender Alain Valiquette receive the hook for backup Andrew Loverock after allowing 5 goals on 19 shots. The lone bright spot for the Wolves was a John McFarland

wrist shot that beat Lehner glove side cutting the lead to 6-2 after the second frame.

However, the Wolves came out strong in the 3rd period looking like a completely different team and registered three goals in 4 minutes to cut the Hounds lead to one, at 6-5. Goal scorers were Eric O'Dell, Jared Staal and Marcus Foligno. With the crowd back in the game and the momentum on their side, the Wolves took a costly bench minor penalty for too many men on the ice. The Hounds quickly capitalized eight seconds into the man advantage on an excellent passing play and wrist shot from overage forward Jordan Nolan. Carson Dubchuk sealed the game scoring his third of the contest on an empty net making the final score 8-5 for the visiting side.

The Wolves simply could not overcome a second period collapse and their powerplay was ineffective going a miserable 0 for 7. The loss puts the Wolves record at 21-26-2 and tied for 7th in the Eastern Conference, while the victory moves the Greyhounds to 27-20-1 and fifth in the Western Conference. The victory for the Hounds closed out the season series for the two teams with the hounds taking five out of the six contests.

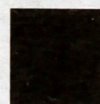
The Sudbury Wolves next home game is on Friday, Feb. 12 against the Brampton Battalion. Follow the Wolves at www.sudburywolves.com.

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